



## Family Readiness Program Newsletter

### "Keeping In Touch"

132d Fighter Wing / Iowa Air National Guard

August/September 2009 Issue



Note from the Family Programs Office

### Family Readiness Meet and Greet/ Pre-Deployment Workshop

**Saturday September 12<sup>th</sup>  
6:30-9pm  
132d FW Dining Facility (Bldg  
110)**

**Come meet other 132d FW Families  
while getting pampered by  
students from Aveda Salon.**

**While here, listen to informative  
briefings and gather resources  
provided by Tricare, United  
Concordia, Military OneSource,  
Military Family Life Consultants,  
State Youth Coordinator, and FRG  
Volunteers**

**The content of the briefings will be  
focused on preparing the Family for  
deployment. We highly encourage  
Spouses/Significant Others and  
Parents to attend. This is an  
adult's only event.**

**Please RSVP by Friday August 28<sup>th</sup>  
to Amanda Wicker at 515-256-  
8786 or [Amanda.wicker@ang.af.mil](mailto:Amanda.wicker@ang.af.mil)  
if you plan to attend.**

### Attention all Servicemembers, Families, and Friends of the Iowa National Guard!

Register today for a profile on  
[www.guardfamily.org](http://www.guardfamily.org). You'll find  
information about upcoming events,  
resources for your Family Readiness Group  
like email campaigns and newsletter  
templates, and discussion boards where you  
can find answers and support. If you have  
any questions or problems accessing the site,  
please contact Rebecca Schrader, Family  
Readiness Assistant in the Family Programs  
Office of the Iowa National Guard  
at [rebecca.schrader@us.army.mil](mailto:rebecca.schrader@us.army.mil) or 1-800-  
294-6607, ext. 4781.

**NO MEETING IN AUGUST**

### NEXT MEETING

**September 13, 2009 at 1:30pm in the  
Computer Classroom Bldg 107. Childcare  
is provided. All are welcome to attend.**

**Join our online community  
of 132d FW Families on  
Meetup.com!!!**

<http://www.meetup.com/The-DM-Iowa-132-Air-National-Guard-Families-Group/>

**Travel Discounts**

Trying to plan a summer vacation on a tight budget? No problem. Visit the Military.com travel center to find discounts and deals for all your traveling needs. Save on airfare, hotels, share houses, rental cars, and much more.

Take advantage of exclusive military savings and plan the perfect trip for you and your family today.

<http://www.military.com/Travel/Home/0,13396,,00.htm>

**New GI Bill Brings New Excitement**

On August 1, 2009 veterans who have served after 9/11/2001 will be eligible to begin to receive payments for the Post-9/11 GI Bill. The Post-9/11 GI Bill is as unique as the veterans that it will serve. Major changes, some that are very generous, have been made to enhance the veteran student's learning experience. In most federally funded programs there are always details and fine print. The Post-9/11 GI Bill is no different. This program may not be a good fit for everyone and the Montgomery GI Bill is still there for you to use. This may be the single most important benefit that today's veteran will see in their lifetime. The wise vet (or soon to be vet) will spend a good amount of time reviewing the many options and making

good choices as you proceed. Read the full article.

<http://www.military.com/opinion/0,15202,195957,00.html>

<http://www.military.com/gi-bill-calculator/>

<http://www.military.com/benefits/gi-bill>

**New SAT/Act PowerPrep for Free**

In alliance with the DoD and supported by a group of patriotic NFL players, eKnowledge is donating the latest version of their SAT/ACT Test Prep Programs FREE to Military Servicemembers and their extended families. The donated SAT/ACT PowerPrep software retails for \$200. The advanced eKnowledge PowerPrep features special SAT/ACT test prep content in a highly personalized virtual learning environment. The new SAT/ACT software gives the student access to over 20 hours of Virtual Classroom instruction and 3,000 files of supplemental test prep material. Thousands of interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations are indexed for easy use. The new PowerPrep software is MAC and Vista compatible.

To order, visit

<http://www.eknowledge.com/military>.

**New Active Duty Dental Plan Launched  
August 1**

August 03, 2009

No. 09-53

FALLS CHURCH, Va. – Active duty service members now have a new dental program that started Aug.1, 2009.

The new Active Duty Dental Program (ADDP) becomes the dental care plan for active duty service members (ADSMs) assigned to locations with no access to a military dental facility. ADDP is also for

service members referred by their dental treatment facility (DTF) to the civilian network for specialty care or due to unavailability of timely DTF appointments.

TRICARE Prime Remote enrollees—ADSMs with duty stations and residences more than 50 miles from a military dental facility—are eligible for ADDP. Reserve and National Guard members activated for more than 30 consecutive days on federal orders and who live more than 50 miles from a military dental facility are also eligible for ADDP on their activation date.

ADSMs who live in remote locations, but work within 50 miles of a dental treatment facility will continue to be seen at a DTF.

Of the more than 81,000 dental claims filed each year by ADSMs, approximately 31 percent of them come from service members living and working in remote locations. In the past, the Military Medical Support Office of the TRICARE Management Activity handled remote dental claims and referrals from DTFs. United Concordia, Inc., will now handle these claims and referrals through the new ADDP under a contract awarded in September 2008.

ADSMs using the ADDP will be able to take advantage of United Concordia's network of dentists and specialists. No enrollment is required.

“United Concordia will establish an extensive dental provider network covering the United States, U.S. Virgin Islands, Guam, Puerto Rico, American Samoa and the Northern Mariana Islands,” said Navy Capt. Robert Mitton, TMA dental program director. “TRICARE wants to ensure a high level of beneficiary satisfaction as well as controlling costs.”

Letters and brochures are being mailed to ADSMs in remote locations to inform them of the new ADDP program. To download the brochure, click the dental section under the appropriate region on the TRICARE Smart site at <http://www.tricare.mil/tricaresmart>.

Learn more about dental plans and getting care at <http://www.addp-ucci.com> and <http://www.tricare.mil/dental>.

### **\$6,000 of Financial Assistance for Military Spouses for Degrees, Licenses and Credentials**

DoD's expanded Military Spouse Career Advancement Accounts (MyCAA) program will provide up to \$6,000 in Financial Assistance for Military Spouses who are pursuing degree programs, licenses or credentials leading to employment in portable career fields.

Financial Assistance pays expenses such as education and training programs, tuition, licensing and credentialing fees for degree programs (associates, bachelors, masters, doctoral and post doctoral), continuing education classes (including those offered through professional associations), Bar, CPA and other similar exams, state certifications for teachers, medical professionals and other licensed professionals.

**Who Is Eligible:** Spouses of Active Duty members of the Department of Defense and activated members of the National Guard and Reserve Components are eligible. The period of eligibility for spouses of Guard and Reserve members is from the date of the Alert or Warning Order for Military Recall or Mobilization, through activation and deployment until 180 days following De-Mobilization. Spouses of the severely injured, ill, wounded or killed in action are also eligible. Military spouses who are

legally separated by state law or court order are ineligible. Spouses who are active duty members or activated Guard or Reserve members themselves are ineligible.

To Receive this Assistance, the Military Spouse only needs to complete a MyCAA Career and Training Plan and then apply for MyCAA Financial Assistance. Eligible spouses can establish a MyCAA Account by visiting the MyCAA website:

<https://aiportal.acc.af.mil/mycaa>  
<<https://aiportal.acc.af.mil/mycaa>>

For further information, visit the MyCAA website at:

<https://aiportal.acc.af.mil/mycaa/default.aspx>  
<<https://aiportal.acc.af.mil/mycaa/default.aspx>>

### **Service Members and Families Now Eligible for In-State Tuition**

Beginning July 1, 2009, members of the armed forces on active duty for a period of more than 30 days, their spouses, and dependent children, are now eligible to receive in-state tuition at public colleges and universities in the state where they reside or are permanently stationed. In addition, once a service member or their family members are enrolled and paying in-state tuition, they will continue to pay the in-state tuition rate as long as they remain continuously enrolled at the institution and if the service member is reassigned outside the state.

This new requirement benefiting military families was included in the Higher Education Opportunity Act (H.R. 4137), under section 135, and was signed into law on August 14, 2008. H.R. 4137 extends the Higher Education Act of 1965 (HEA), and applies to all public institutions that receive funds under the HEA program.

The Department of Education has worked with the institutions of higher education and is confident they are aware of the changes in the law and are fully implementing the policy. However, if service members or their families have any difficulties, they should contact the financial aid, registrar's, or Veterans Affairs' office at the institution. In the rare case where these steps do not resolve the situation, please contact the Department of Education's Ombudsman's office (toll-free at 877-557-2575) or an online Ombudsman Assistance Request Form can be found at:

[www.ombudsman.ed.gov/OmbudsmanWebApp/do?action=getRequest](http://www.ombudsman.ed.gov/OmbudsmanWebApp/do?action=getRequest)  
<<http://www.ombudsman.ed.gov/OmbudsmanWebApp/do?action=getRequest>> .

(Source: Office of the Deputy Undersecretary of Defense, Military Community and Family Policy, State Liaison Office)

### **Two Military Daughters Start Sisterhood For Teens**

by [Daniel Zwerdling](#)

July 20, 2009

On the Internet, there are all kinds of videos of teenagers being teenagers. Some are breathing helium and then talking like Donald Duck. Others are squealing because they got asked on a date. There are endless variations of kids getting grossed out by pimples.

But a recent posting on YouTube.com is different.

"I'm Moranda Hern, and I'm a military teen," says a young woman who looks like a cheerleader.

"I'm Kaylei Deakin," her friend says, wearing a bright blond mohawk. "I'm 16, and I'm also a California military teen."

The girls look straight into the camera, and sound proud.

"During my dad's deployment, it was a really tough time for my family," Hern continues. "And the more we identified with other military youth from across California, we saw they had the same need."

The high school girls, who will start their senior year in the fall, have decided to do something that nobody has done before — not Pentagon officials, not governors, not mayors (at least, NPR can't find a record of it). They are trying to organize the first major get-together for the children, specifically daughters, of troops who have gone to war.

"We'd like to boost these girls and their self-esteem and their self-confidence," Deakin tells the camera.

"We are growing the sisterhood, with our mantra: unite, inspire, lead," Hern adds.

They call their conference "The Sisterhood of the Traveling BDUs" — a play on the title of a popular novel and Army speak for battle uniforms.

The story of the girls' crusade is a reminder that since the U.S. and its allies invaded Iraq and Afghanistan, the public has heard a lot of stories about troops and the toll the wars

have taken on them — but the nation has seldom heard their children's perspectives.

The teenagers have caught the attention of Brig. Gen. Mary Kight, the No. 2 commander in California's National Guard, who says she's determined to help them organize their conference.

Hern and Deakin say their idea was inspired by the misery they felt after their fathers, both members of the National Guard, went to Afghanistan. For instance, they say their friends basically deserted them.

For the full article, go to <http://www.npr.org/templates/story/story.php?storyId=106617425&ft=2&f=1090> or to visit their website go to <http://www.dosomething.org/project/the-sisterhood-traveling-bdus>

***Pick up the phone if you are experiencing an emotional crisis and need to talk to a trained VA professional. You'll be immediately connected with a qualified caring provider who can help.  
1-800-273-TALK (8255)***

If you no longer wish to receive this newsletter please contact Amanda Wicker at 515-256-8786 or by email at [Amanda.wicker@ang.af.mil](mailto:Amanda.wicker@ang.af.mil)



# ***132d FIGHTER WING PARTY & CAR SHOW***

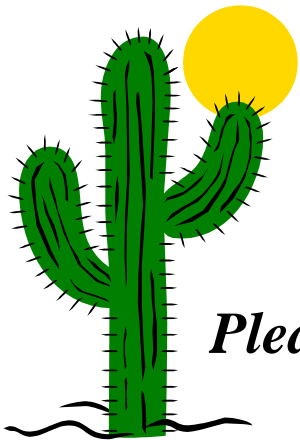
***WHEN: Friday, 21 August 2009 1630-2200***

***WHERE: Bldg 100, West Hangar***

***COST: \$6 Advance \$8 at the Door***



***WHAT YOU GET FOR YOUR \$\$: BBQ  
dinner, beverages, casino type card games,  
Disc Jockey spinning the hits, door prizes, unit baskets  
and a car show!***



***Unit members, adult family  
members/friends and all retiree's are  
welcome to attend***

***Please contact Kyle Koeper, 515-256-8448 for Car  
Show Details***

***Tickets available from party committee members, most  
unit orderly rooms and our Family Readiness Office,  
Bldg 107.***





# ***CLEARANCE SALE T-SHIRTS, LONG SLEEVE AND SWEATSHIRTS SIZES ARE LIMITED***



***Kids Short Sleeve \$5  
(only available in XS, S, M)***

***Adult Short Sleeve \$6  
(only available in XXL and  
XXXL)***

***Long Sleeve \$10  
(only available in S and XXL)***

***Sweatshirts \$15  
(only available in S, XXL, XXXL)***

***Magnets \$5***

***Coins \$5***

***Make Checks payable to 132d Family Support***

***All items can be purchased in the Family Programs  
Office (Bldg 107).***

***Proceeds help support Family Readiness & Support  
Group activities.***

# NEW 132d FW SHIRTS

**SHIRTS AVAILABLE IN NAVY BLUE ONLY**

**Adult Sizes: S, M, L, XL, XXL, XXXL**

**Adult Long Sleeve T-shirts: \$15 (add \$2 for XXL and XXXL)**

**Adult Hooded Sweatshirt: \$25 (add \$3 for XXL and XXXL)**



Front Design



Back Design



Sleeve Design

**100% of sale profits are used to provide programs and activities for 132d FW members and their families.**

**Shirts will be available for purchase at the Wing Party, August 21<sup>st</sup>. After August 21<sup>st</sup>, they will be available in the Family Program Office (BLDG 107, room 101).**

**Cash and Checks will be accepted. Make checks payable to 132d FW Family Readiness. Thank you for your support!!!**